



PYRENEES SEA TO SEA



2012 EXPLORER





WELCOME TO YOUR TREK TRAVEL® PYRENEES SEA TO SEA ADVENTURE!

The mountainous border between France and Spain provides a spectacularly beautiful setting to explore the rich Basque and Catalan cultures. This 10-day trip is geared for avid cyclists who appreciate the challenge of pedaling the same cols as the pros, but at a mere mortal's pace, with the opportunity to stop and take in the unique landscapes, people, languages, and food of the region. We'll ride more than 500 miles of rolling foothills and "hors catégorie" peaks—in the end, scaling the equivalent height of Mt. Everest. Twice.

- Ride through a natural watershed from western lush woods and limestone to eastern wild and barren granite.
- Try Basque "pintxos" (tapas), chicken in "sauce basquaise" (a thick tomato and red pepper sauce), and gâteau Basque. Taste Catalan "pa amb tomàquet" (bread smeared with an olive oil, garlic and fresh tomato), local seafood, and "Crema Catalana."
- Learn about the game of "pelota" in Basque, France, and revel in the end-of-summer Spanish "fiestas."
- Pedal the awe-inspiring mountain passes made famous by the Tour de France and the Vuelta a España.
- Experience the warm hospitality of two autonomous mountain cultures.



Adéu!

Penny Gatward

Pyrenees Sea to Sea Trip Expert



ITINERARY



DAY 1:

Road Bike | *St. Jean de Luz to Puerto de Otxondo to St. Jean Pied de Port* | approximately 46 miles with 4,400 feet of climbing

Your Trek Travel guides will meet you at the Best Western Hôtel Colbert (3 Boulevard du Commandant Passicot, 64500 Saint Jean de Luz.) at 10:00 AM on the first day of the trip. Your Pyrenees Sea to Sea adventure begins in the belle époque seaside resort town of St. Jean de Luz, France, with a custom bike fitting to your New Madone. Your guides will also be at this trip start between 3:00 PM – 6:00 PM on August 31st, 2012. You can also choose to meet them at the hotel to be fit to your bike a day early. Inhale a deep breath of salty Atlantic air and ceremoniously dip your toes in the cool ocean waters before jumping with both feet into Pays Basque. Our ride today is 60% in France, 40% in Spain & 100% in Basque country. The climb begins from the coast and ascends over green pastures – dotted with sheep, mountain goats, and white Basque farmhouses with red shutters. You'll feast on a mountain top Trek Travel picnic lunch before continuing on to our hotel for the night. Tonight, you and your new traveling companions will enjoy drinks, followed by dinner in St. Jean Pied de Port, a town which – until the 16th century – hosted numerous Santiago de Compostela pilgrims.

Hotel | *Hôtel Les Pyrénées* | +33 (0) 559 37 01 01 | www.Hotel-Les-Pyrenees.com

DAY 2:

Road Bike | *St. Jean Pied de Port to Cette-Eygun* | approximately 67 miles with 10,300 feet of climbing

Pied de Port means “foot of the hills” and today you'll ride from the foot of these hills into the mighty Pyrenees. Begin with a climb up the Col de Burdincurucheta, a popular bird migration viewpoint in September and October. As you summit this first climb, keep your eyes peeled for wood pigeons, honey buzzards and cranes. You'll ride through the largest broadleaf forest in Europe, en route to Col d'Iraty and your first “hors catégorie” climb, Col de Soudet. A land of vast gorges and quaint pastoral villages – where sheep cheese production is the main livelihood – will surround you. Lunch is your choice today, allowing you flexibility to ride at your own pace along the Route du Fromage and explore this remote Basque country. You'll reconvene with the rest of the group for dinner on the panoramic terrace of your home for the night, a château deep in the Vallée d'Aspe.

Hotel | *Au Châteaux d'Arance* | +33 (0) 559 34 75 50 | www.Hotel-AuChateaudArance.com

Personal Cycling Gear... *Trek Travel provides everything you need to ride, however you may bring your own helmet, seat, pedals, shoes, hydration pack, or other gear from home. Please label and pack these items in a separate bag, easily accessible for the first day of the trip. If you bring clipless pedals, please also bring spare cleats as it can be hard to find replacements during the trip.*



ITINERARY



DAY 3:

Road Bike | *Cette-Eygun to Saint-Savin* | approximately 62 miles with 7,900 feet of climbing

This morning, ride down the Vallée d'Aspe and cross over to the Vallée d'Ossau, as you continue your journey into the Hautes-Pyrenees. If you're lucky, you may see one of the six recently reintroduced brown bears who call these valleys their home. You'll climb through beechwood forests to Col de Marie-Blanche. It is a mere 9km in length, but with gradients reaching over 15%, some find it rather steep! As with any Trek Travel trip, you are free to ride at your own pace; the Neoclassical spa town of Eaux-Bonnes is a great place to stop for a guest choice lunch and refuel before the next two major climbs. This afternoon, your burning desire to summit the mountains is satiated by two well-known ascents—Col d'Aubisque and Col du Soulor. You'll climb Aubisque from the 'hard' side but with Trek Travel support, this climb is less daunting. It starts out relatively easy, but after the Cascade de Valentin, you are challenged by 13% grades. With breathtaking views on a clear day, you'll be too busy enjoying the scenery to notice how much you're working. After our two great ascents, enjoy a long descent to the hotel near Argeles-Gazost, where you'll swap stories with your new cycling friends over a bountiful mountain meal.

Hotel | *Le Viscos* | +33 (0) 562 97 02 28 | www.Hotel-LeViscos.com

DAY 4:

Road Bike | *Saint-Savin to Bagnères de Luchon* | approximately 67 miles with 10,600 feet of climbing

This is the biggest day of elevation gain on the trip! You'll climb Col du Tourmalet, Col d'Aspin & Col de Peyresourde, three of the five climbs that were featured in the 2006 race, where many tried but only the strongest survived. You'll begin your day with a warm-up in the Gorge de Luz, en route to Col du Tourmalet, the highest pass traversable by a vehicle and the home of the largest ski area in the Pyrenees. After an exhilarating descent, climb again to the cow grazing peak of Col d'Aspin and swoop down to Arreau, the former capital of ancient Aragon. Arreau enjoys an almost rainless micro-climate in the shadow of these large mountains. Again you have the freedom to challenge these peaks at your own pace and along the way, you may choose to stop for lunch at any of these mountain villages. The final climb is more gradual up to Col de Peyresourde, before zipping down into Bagnères de Luchon for a well-earned meal at Cafe de la Paix and a cozy bed.

Hotel | *Hôtel Acta Luchon* | +33 (0) 561 79 56 97 | www.HotelLuchon.com

PYRENEES SEA TO SEA EXPLORER

Trip Length 10 days | 9 nights

Rider Level 4

Trip Start St. Jean de Luz, France

Trip End Girona, Spain



ITINERARY



DAY 5:

Rest Day | Bagnères de Luchon

Carve out this day as you wish! Rest and relax in Bagnères de Luchon as you soak your aches and pains away at a mountain spa. Visit the “termes” and warm-up your muscles in the Vaporarium—a one of a kind natural underground steam bath. Work out the kinks with an indulgent massage and then enjoy the swimming pool at your leisure. Our Trek Travel guides have a menu of other activities for an afternoon of fun—rafting, kayaking, caving, climbing, and hiking are just a few of the options. Perhaps you’d like to capture a bird’s eye view of the region and take an aerial tram 4000 feet up to Superbagnères and “parapente” down the mountain? Whatever you decide, this is your day to do as little - or as much - as you want.

Hotel | *Hôtel Acta Luchon* | +33 (0) 561 79 56 97 | www.HotelLuchon.com

DAY 6:

Road Bike | Bagnères de Luchon to Sort | approximately 67 miles with 6,800 feet of climbing

Rested and ready, today could be your lucky day! Say “au revoir” to France and “hola” as you head into Spain! Atop the wooded Col du Portillon, you’ll enter the Val d’Aran. This valley is on the French side of the Pyrenean watershed but - under Spanish rule - was cut-off from the outside world for centuries. Our biggest challenge of the day is Port de la Bonaigua; a category one climb and the highest mountain you’ll climb in Spain. A barren and broad landscape stretches before you, as you wind your way down the valley to one of the premier river running spots in Europe, La Noguera Pallaresa. You’ll end the day in the luckiest town in Spain, Sort! Meaning “luck” in Catalan, Sort attracts Spaniards from all over the country, who buy their lottery tickets here in hopes of becoming the next “El Gordo” winner! Tonight you’ll regroup in town with your traveling companions to enjoy some typical Catalan cuisine—“tapas”!

Hotel | *Hotel Pessets* | +34 973 62 00 00 | www.HotelPessets.com

Last minute question? *Your guides will be available 24 hours before the start of your trip. You’ll receive their mobile numbers in an e-mail one week before the trip start date. In the event you don’t receive this email, please contact our sales team at sales@trektravel.com or 866 464 8735.*



ITINERARY



DAY 7:

Road Bike | *Sort to Gósol* | approximately 64 miles with 9,500 feet of climbing

This is your last big day of climbing. You'll begin your ride with a category one pass, raced in the 2007 Vuelta a España—Coll de Cantó. Then you'll drop down to La Seu d'Urgell, where you may choose to have lunch along the river, where the canoeing events of the 1992 Barcelona Olympics were held. You'll continue pedaling along quiet, beautiful roads in the Parc Natural del Cadí-Moixeró. Keep your eyes on the roadsides where you may see goat-like chamois precariously perched. This park is 400 square kilometers of land too steep for skiing or agriculture—a perfect playground for hikers and climbers. You'll end the day in the remote town of Gósol, where Pablo Picasso traveled in 1906, in search of fresh inspiration. We'll savor a hearty dinner at a small local bistro in the town center with a surprisingly delicious and varied menu.

Hotel | *Cal Franciscó* | +34 973 37 00 75 | www.HostalCalFrancisco.es

DAY 8:

Road Bike | *Gósol to Olot* | approximately 60 miles with 3,800 feet of climbing

Today you'll have time to explore some intriguing sights. First you'll ride past Pedraforca, a limestone outcropping reminiscent of the Matterhorn in France. The limestone will then be replaced by volcanic hills as you make your way to Olot, a town brimming with natural beauty. Enjoy lunch along the way in La Pobla de Lillet, known for its fantastical gardens designed by Antoni Gaudí in 1905. Or continue on to Sant Joan de las Abadesses and stroll among the historic remains, including a Benedictine monastery and reconstructed 12th century bridge. The streets come alive tonight as we've timed our arrival to coincide with Olot's annual Festes del Tura. Dinner is your choice, allowing you the flexibility to witness the legendary Sardana dance, a human tower, and dancing giants, among other excitement as you explore the town center.

Hotel | *Hotel Can Blanc* | +34 972 27 60 20 | www.CanBlanc.es



ITINERARY



DAY 9:

Road Bike | *Olot to Platja d'Aro* | approximately 77 miles with 3,800 feet of climbing

This is your last ride of the trip! You'll cross La Vall d'en Bas, which hosted a 2005 Vuelta a España stage start, and cruise through the training grounds of many professional cyclists, including the former Discovery Channel Team and Lance Armstrong. Midway through today's ride, you'll rest to savor a lunch of local delicacies at a 16th century, converted farmhouse. This afternoon, one relatively small climb stands between you and the Mediterranean Sea. Your ride ends with a spectacular finale, winding along the rugged, beautiful Costa Brava to our hotel on the beach. While overlooking the clear blue waters with your fellow riding companions, you'll toast to the trip with a glass of "cava" from our hotel's terrace and then enjoy a farewell dinner on the water.

Hotel | *Park Hotel San Jorge* | +34 972 65 23 11 | www.ParkHotelSanJorge.com

DAY 10:

This last morning is yours to do as you please. Sleep in and enjoy a leisurely breakfast overlooking the Mediterranean Sea or take a walk on the sandy beach and feel the sand between your toes. You'll say farewell to your guides at 10:00 AM at the Park Hotel San Jorge. You'll then shuttle 1 hour to the Girona Train Station, arriving at approximately 11:00 PM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.



WHAT'S INCLUDED



INCLUDED IN THE TRIP PRICE

Food & Lodging

- Accommodations during the trip
- Daily breakfast, 2 lunches, social hour on some evenings, 7 dinners, and all snacks and drinks for each day's ride

Support

- Dedicated Trip Consultants to answer all of your questions and aid you in choosing a vacation that suits you
- Email sent to you one week prior to your trip with guide contact details, meet time & location and any final information
- The knowledge, support and camaraderie of experienced guides
- Daily route support, detailed route guide, highlighted map, van support
- All transportation and luggage transfers during the trip

Gear

- The use of a Trek Madone™ 5.2 carbon road bike, or Trek Madone™ 5.2 Women's Specific Design carbon road bike (limited selection) (visit www.trektravel.com/ridethebest.php for more details)
- Complimentary Trek Travel merchandise
- Bike computer and a map case
- Two water bottles for you to keep
- A pump and seat pack stocked with all the necessary items to change a flat
- Multiple stem lengths and rises to alter the geometry and choice of saddles to cushion your ride

Activities

- Gratuities for all scheduled restaurants, hotels, local guides and transportation

NOT INCLUDED

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- Some meals are not included in each destination, allowing you the opportunity to explore regional cuisine on your own
- Gratuities for your Trek Travel Guides may be given at your discretion in response to their professionalism and leadership. Industry standard is for each individual guest to tip the guide team 5-10% of the trip price.

OPTIONAL EXTRAS

- **Single Supplement** | For solo travelers who prefer a room to themselves (price varies by destination)
- **Bike Options** | Madone 6.5 - \$300 | Carbon Clincher Wheels - \$200 | Madone 6.5 & Wheel Combination - \$400
FX+ Electric Hybrid - \$250 (on select trips)
- **Travel Agent** | Our agent will reserve your flights and book your pre- and post-trip hotels and activities
- **Trip Insurance** | Protect yourself in case of cancellation, travel interruptions and medical emergencies
- **Connections Club** | After two trips, you are invited to join and enjoy benefits both on and off our Trek Travel vacations



WHERE WE STAY & EAT



ACCOMMODATIONS

In every region we travel, we uncover the area's best, and most unique, accommodations. On our Pyrenees Sea to Sea trip, you will stay in a variety of charming hotels. On average, the accommodations are three-star. However, you will spend one night in a two-star basic mountain hostel and three nights in four-star rooms.

Hôtel Les Pyrénées | St. Jean Pied de Port, France (Pyrénées-Atlantiques)

Situated in the heart of town, the Hôtel Les Pyrénées is steps away from the 17th century city walls.
19 place du Général du Gaulle | +33 (0) 559 37 01 01 | www.Hotel-Les-Pyrenees.com

Au Châteaux d'Arance | Cette-Eygun, France (Pyrénées-Atlantiques)

This charming hotel-restaurant is in a quiet peaceful village, deep in the heart of the Pyrenees. Enjoy panoramic views of the surrounding mountains, such as the Pic d' Anie.
Rue Centrale | +33 (0) 559 34 75 50 | www.Hotel-AuChateaudArance.com

Le Viscos | Saint-Savin, France (Hautes-Pyrénées)

Situated in a small picturesque village near the base of Tourmalet, this hotel is a comfortable retreat with amenities such as wifi and an accomplished restaurant.
1, rue Lamarque | +33 (0) 562 97 02 28 | www.Hotel-LeViscos.com

Hôtel Acta Luchon | Bagnères de Luchon, France (Haute-Garonne)

Treat yourself to the only four-star hotel in town for two nights. Smart and stylish, this newly renovated hotel is in the heart of Bagnères de Luchon, with all the amenities you desire.
19 Allées D'Etigny | +33 (0) 561 79 56 97 | www.HotelLuchon.com

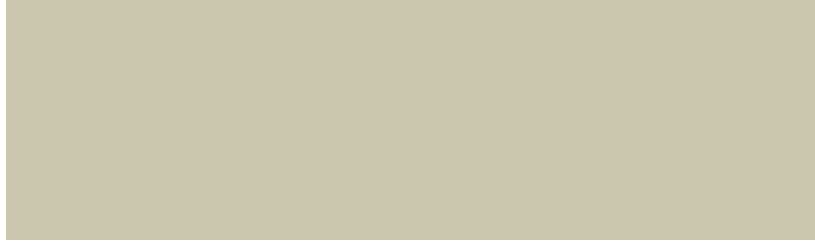
Hotel Pessets | Sort, Spain (Lleida)

This family-run hotel is a comfortable stop, next to the river Noguera Pallaresa.
Diputació 3 | +34 973 62 00 00 | www.HotelPessets.com

Cal Franciscó | Gósol, Spain (Lleida)

This basic two-star "hostel" has simple, clean rooms - set in the mountains of the beautiful and remote Parc Natural del Cadí-Moixeró.
Ctra de Berga, s/n | +34 973 37 00 75 | www.HostalCalFrancisco.es

This itinerary is an approximation of our Pyrenees Sea to Sea trip. *As always, Trek Travel strives to offer each and every guest a vacation of a lifetime. To ensure this standard of excellence, routes, hotels, and activities listed here may change at the discretion of the trip designer or guides.*



ACCOMMODATIONS CONTINUED

Hotel Can Blanc | Olot, Spain (Girona)

This small hotel has brightly colored rooms and sits on a quiet road in the Parque Natural de la Zona Volcánica de la Garrotxa. Passatges de la Deu s/n | +34 972 27 60 20 | www.CanBlanc.es

Park Hotel San Jorge | Platja D'Aro, Spain (Girona)

This hotel is situated on a cliff top, overlooking two fantastic sandy beaches near the town of Sant Feliu. The outdoor swimming pool, beautiful gardens, and spa retain all the flavor of the 1950s, but in a modern setting.

Carretera Palamós s/n | +34 972 65 23 11 | www.ParkHotelSanJorge.com

MEALS

Trek Travel scopes out unique and delicious dining locations, and we usually leave at least one meal for you to explore on your own. If you have any special dietary preferences, be sure that you have informed your Trek Travel Trip Consultant before you leave for your trip. We will do our best to accommodate your dietary requests.

On our Pyrenees Sea to Sea trip, you are free to dine on your own for most lunches, giving you the flexibility to ride at your own pace. Most dinners are provided by Trek Travel, at or near our hotel. We seek to find establishments that not only exude the culture of the region, but also – and most importantly – provide nourishment for active cyclists. When possible, we request hearty meals short in length, always conscious of balancing culture with comfort. Dress for all meals is casual.



TRAVEL ARRANGEMENTS



HOW TO GET THERE

Flights | We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Biarritz, France (BIQ) and take a taxi 15 km south to our meeting point in St. Jean de Luz. Alternatively, you can fly to Paris, France (CDG) and travel by TGV train 6 hours southwest to St. Jean de Luz station, 1 km from our meeting point. For train schedules and further information, consult www.RailEurope.com.

As the trip ends in the Costa Brava region of Spain, we recommend booking your return flight from Barcelona Airport (BCN). There are hourly trains from Girona to downtown Barcelona Sants Station (~1 hr journey), where you can connect to the airport train (~20 minute journey). For further information, consult www.RENFE.com.

MEETING TIME AND LOCATION

Best Western Hôtel Colbert | St. Jean de Luz, France

Your Trek Travel guides will meet you at the Best Western Hôtel Colbert (3 Boulevard du Commandant Passicot, 64500 Saint Jean de Luz.) at 10:00 AM on the first day of the trip. Please arrive wearing your first day's cycling clothes. Keep any other cycling gear (helmet, shoes, pedals, etc.) or personal items necessary for the day (purse, passport, wallet, etc.) in a small bag, separate from your luggage. After some introductions and a bike fitting, we will begin our ride through the Pays Basque. Your guides will also be at this trip start hotel between 3:00 PM - 6:00 PM on August 31st, 2012. You can also choose to meet them at the hotel to be fit to your bike a day early.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Hôtel Les Pyrénées (+33 (0) 559 37 01 01), and leave a message with your expected arrival time and contact details. Trains leave 4 times daily from Bayonne (25 km north of St. Jean de Luz) to St. Jean Pied de Port. The journey will take 1 hour and 15 minutes and costs around 10 euros. Consult www.RailEurope.com for more information.

DEPARTING TIME AND LOCATION

Girona Train Station | Girona, Spain

You will say farewell to your guides at 10:00 AM at the Park Hotel San Jorge. You'll then shuttle 1 hour to the Girona Train Station, arriving at approximately 11:00 PM. Please allow adequate connection time for any ongoing travel to accommodate possible traffic delays.

Let us take care of all your travel needs! For a nominal fee, our dedicated Travel Agent can reserve your airfare, pre- and post-trip hotels, rental cars, train tickets and additional sightseeing activities. Call Trek Travel at 866 464 8735 and choose option #2 to take advantage of this convenient service.



BEFORE & AFTER YOUR TRIP



BIARRITZ & ST. JEAN DE LUZ, FRANCE

Biarritz has been a holiday resort for many of the rich and famous, including Napoleon III, Hemingway, and Frank Sinatra. Follow in their footsteps by spending the afternoon at the Grande Plage - the largest beach - strolling through town, shopping, or pampering yourself at a local spa. Whatever you choose, make sure to stop at a Chocolats Henriët shop to enjoy a Rocher de Biarritz, a delicious bitter chocolate with orange rinds and almonds. Or join the surfers who come from all over the world to surf the ocean between Biarritz and St. Jean de Luz. Finish the day with an evening at the Casino de Biarritz. We recommend the following accommodations for your pre-trip hotel.

Hôtel Du Palais | 1 avenue l'Impératrice, Biarritz, France | +33 (0) 559 41 64 00 | www.Hotel-Du-Palais.com | ~\$500

This luxurious palace on the oceanfront was given as a gift by Emperor Napoleon III to his wife, Eugenie, as a summer home. Enjoy a lavish dining experience as you look out over the evening tide.

Best Western Hotel Colbert | 3, Blvd de Commandant Passicot, St. Jean de Luz, France | +33 (0)5 59 26 31 99 | www.HotelColbertSaintJeanDeLuz.com | ~\$200

This three-star hotel is situated near the fishing port, in the center of Corsair's City, 5 minutes from the beach and restaurants. You can contact your guides here between 3:00 PM -6:00 PM on August 31st, 2012 to be fit to your bike a day early.

Edouard VII | 34 avenue Carnot, Biarritz, France | +33 (0) 559 22 39 80 | www.Hotel-EdouardVII.com | ~\$175

Just a few blocks from the waterfront and the downtown, this is a beautiful Biarritz style building with deep blue shutters. The rooms are impeccable and decorated with a personal touch.

BARCELONA, SPAIN

The Catalonian capital of Barcelona boasts a beautiful coastline; a great diversity of culture, leisure, and shopping; creative, innovative gastronomy; and an avant-garde spirit. Be sure to check out some of the fantastic architecture and art of Antonio Gaudi, such as Sagrada Familia or Parc Guell. The Gothic quarter is the heart of Barcelona's old town, with narrow cobbled streets on which Picasso and Miró lived long ago. Las Ramblas is a long, tree-lined shopper's paradise that leads to the sea. Be sure to check out the fascinating Boqueria market as well. We recommend the following accommodations for your post-trip hotel.

Chic & Basic Born Hotel | Princesa, 50, Barcelona, Spain | +34 93 295 46 52 | www.ChicandBasic.com | ~\$150

In keeping with Barcelona's Avant-Garde ambience, this popular and unique design hotel perfectly blends modern with kitsch. The century old building has been transformed into a contemporary hotel. The style is anything but basic and most rooms contain a crystal shower and a light system which transforms the room according to your taste.

Casa Camper | Carrer Elisabets 11 | +34 933 42 62 80 | www.CasaCamper.com | ~\$425

A 19th century building converted into a cozy 25-room hotel. In the multicultural neighborhood of El Raval, just a few steps from the famous La Boqueria market, Casa Camper is the perfect location to indulge in Barcelona's vibrant nightlife. You can do this actively by using one of the Casa Camper's bicycles, or by enjoying the spectacular view across the city from the rooftop terrace.

Hotel Villa Emilia | Calabria 115-117 | +34 932 52 52 85 | www.HotelVillaEmilia.com | ~\$225

Ten minutes from the historic city center, Hotel Villa Emilia offers 53 non-smoking modern and spacious boutique rooms. Escape to the roof terrace and enjoy its sophistication and serenity.



HOW TO PREPARE



CYCLING & OTHER ACTIVITIES

Rider Type | 4

Terrain | mountainous

Average Daily Distance | 65 miles

Average Daily Climbing | 5,900 feet

On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. On most Trek Travel trips, you can ride as much or as little as you like. Pyrenees Sea to Sea is best suited for our Type 4 Riders. Our Trek Travel guides can also easily accommodate Type 3 Riders, who seek less mileage or fewer uphill, with a boost in the van. Type 4 Riders will enjoy the extra mileage the avid route options offer. See *Itinerary* for specific daily ride distance and elevation options. For a description of our Rider Types, please consult www.trektravel.com/riderlevels.php.

This destination is best suited to guests who want to cycle every day. Because of the terrain and/or remoteness of the hotels and riding routes, there are few, if any, non-riding options available. If a non-rider wants to accompany a rider guest on this trip, they would need to spend many hours in the van and/or at the hotels on the trip. Due to this, we strongly discourage non-riders from this destination.

As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-rider activities are available, such as: Costa Brava | Mallorca | Provence

TRAINING & YOUR HEALTH

The best way to train for a Trek Travel adventure is to get out there and ride! However, if for some reason you cannot ride regularly or are limited in the amount of riding you can do, it is still important that you engage in another cardiovascular activity that suits your lifestyle like jogging, walking, swimming, or aerobics. The most important thing to remember is to maintain your level of physical fitness and to get used to being active for consecutive days. If you have any concerns or questions about your health, contact your physician and be sure to make your Trek Travel Trip Consultant aware of any relevant health concerns.

As you prepare for the trip, try to ride a variety of terrain—long, flat stretches and some hills—the kind of terrain that you can expect to find on your Pyrenees Sea to Sea biking vacation. You should feel comfortable getting back on a bike after having ridden an average of 65 miles for several days in a row. The terrain is mountainous and challenging, with sustained climbing in all kinds of weather. We'll tackle rolling foothills as well as "hors catégorie" peaks, in the end, scaling the equivalent height of Mt. Everest—twice. Our highest point of the trip is Col du Tourmalet, just shy of 7000 feet. Roads will be winding, narrow, and steep at times, and rarely ever level. Build up your stamina for longer distances and hilly terrain as you lead up to the trip. Ride 2-3 times a week and build to include a longer ride at least once per week (about 77 miles). If you ride in a flat area, a spinning class or trainer can provide some more resistance to build strength.

As a Trek partner, we've been involved in the cycling industry for over 30 years and are connected to the best cycling coaches in the industry. Whether you are a category-2 racer or a beginner, we can connect you to a trainer that will get you in tiptop shape! Simply give us a call.



THE UNEXPECTED



CHANGING OR CANCELLING YOUR TRIP

If you must cancel your trip more than 90 days before the trip start, there is a cancellation fee of \$100; 61-90 days before the trip start there is a cancellation fee of 25% of the original trip price; 31-60 days before the trip start there is a cancellation fee of 50% of the original trip price and there is no refund for cancelling a trip 0-30 days before the trip start.

If you choose to change your trip more than 90 days before the trip start, you may do so with no fee. From 61-90 days, there will be a \$100 administration fee. If you choose to change trips within 60 days of the original trip start, the cancellation policy outlined above will apply. Please be aware that it is only possible to move to another trip within one year of the original trip departure date.

Trek Travel reserves the right to cancel a trip due to low enrollment or if we feel that the safety and quality of a trip could be compromised. If Trek Travel cancels a trip, a full refund will be issued. If a trip must be canceled due to low enrollment, we will make every effort to do so at least 60 days before the trip start. We recommend that you purchase airfare no sooner than 60 days before your departure date. Under no circumstances will Trek Travel reimburse guests or be responsible for the cost of their airfare or any cancellation or change fees that may apply. In the event of a conflict between these terms and the terms stated on Trek Travel's website, catalog or other publication, these terms shall prevail.

INSURANCE

Trek Travel highly recommends travel insurance to assist you in the event of medical emergency, lost baggage, cancelled trip or any other trip-related issue. For your convenience, Trek Travel has created a custom travel insurance package available through Travel Guard. Please contact a Trip Consultant for more details. You may purchase additional insurance on your own if you wish.

TRIP CHANGES

Trek Travel reserves the right to make route and hotel modifications or to withdraw any tour announced without notice and to make alterations and substitutions to the itinerary as necessary to improve the trip quality or to accommodate the comfort, convenience and well being of our travelers. In this event, Trek Travel will always substitute an equal or better option.

Tipping your Trek Travel Guides... *Gratuities to your Trek Travel guides are not included in the price of your trip. Please tip your guides, at your discretion, based on their level of professionalism and service. The industry standard is 5-10% of the trip price, to be divided amongst your guide team.*



CLOTHING & GEAR

We want you to be prepared for your trip with Trek Travel. To help you, we have put together a packing list for your trip. We highly recommend you bring the items listed on our *Packing List*. Keep in mind that you will be active for a good portion of each day, so make sure you bring enough changes of clothing to suit your needs.

Staying Warm and Keeping Cool | We recommend layering as the best way to stay warm and keep cool. Though we can't guarantee perfect weather, we can guarantee that the sun may not always shine. To keep you protected from the elements and feeling cool on a hot day, always carry rain gear and start with a breathable synthetic shirt to layer under a vest, windbreaker, or fleece jacket. Avoid cotton fabrics while exercising—the absorbent qualities prevent wicking and insulate poorly when wet.

Biking Attire | To ensure your comfort on the bike, it is important to wear the appropriate clothing. Padded shorts or cycling-specific shorts are recommended to help prevent chafing and soreness after a long day in the saddle. As well, we encourage you to wear a cycling jersey or a breathable synthetic shirt. This will help wick moisture away from your skin and prevent you from becoming chilled or overheated.

Many people wonder if they should bring things like cycling gloves and cycling shoes. Gloves provide much-needed padding for your hands and will prevent them from getting sore and tired as the day goes on. Cycling shoes that come with cleats and special pedals should only be used if you have been riding with them on a regular basis and are comfortable using them on long riding days. We encourage you to take the time to learn how to ride with them before using them on your Trek Travel vacation.

Evening Attire

North America | Asia Pacific | Latin America

- *Luxury* | The evening activities on these trips revolve around a theme of *casual elegance* or *business casual*. Guests will not be required to have formal dress.
- *Explorer* | The evening activities on this trip revolve around a theme of *casual dress*.

Europe

- *Luxury* | Guests will not be required to have formal dress. Dinner jackets for men are optional. Certain trips do require men wear dinner jackets, this will be communicated in an email one week prior to the trip start.
- *Explorer* | Most evening activities on this trip revolve around a theme of *casual dress*, however it is best to bring one outfit of *casual elegance*.

What is casual elegance? | For women, this theme can be defined as anything you might wear to work or for a night out on the town with the girls! Skirts, dresses, dress pants and elegant or funky tops are very acceptable. Tip from your guides—accessorize! Earrings and scarves take-up much less room than a entirely new outfit! For men, this theme can be defined as anything you might wear for an afternoon at the country club. Khaki pants, dress pants, shirt with a collar (short or long sleeved) or polo shirts are acceptable. Jeans/sneakers/shorts/etc. *are strongly discouraged* as attire for evening meals on our Luxury trips. Our recommendations stem from a commitment to ensuring all of our guests feel comfortable in the restaurant venues we choose.

Casual Dress | Clean and un-tattered jeans and shorts are acceptable attire on our Explorer trips.



PACKING LIST



PACKING LIST

Luggage Recommendation

- 1 suitcase and 1 carry-on per person

Clothing & Gear

- Hat
- Bathing suit
- Sweater/jacket for cool evenings
- Walking shorts
- Comfortable walking shoes/sandals
- Evening wear (consult your trip itinerary)
- Multiple layers of cycling clothing for cold and wet weather—Laundry service available on Day 5

Don't Forget!

- Required medications and their prescriptions
- Airline tickets
- Trek Travel Trip Itinerary

International Travel

- Passport/Visa
- International power adapter
- Power converter

Cycling Clothing & Gear *To purchase suggested items below, please visit a Trek dealer near you—www.TrekBikes.com*

- Cycling shorts | *Bontrager RXL Bib* | *RXL Short* | *RXL WSD Short*
- Cycling jersey or synthetic top | *RXL SS Jersey* | *RXL WSD SS Jersey* | *Race LS Jersey* | *Race WSD LS Jersey*
- Cycling socks | *Bontrager RL Sock*
- Cycling shoes and pedals | *Bontrager RXL Road* | *RXL WSD Road; Street* | *Street WSD*
(either clipless with your own pedals or firm-soled shoes suitable for cycling)
- Cycling gloves | *Bontrager Satellite Fusion GelFoam* | *Satellite Fusion GelFoam WSD*
- Helmet—if you prefer your own | *Trek Circuit* | *Circuit WSD*
- Saddle—if you prefer your own
- Wind jacket | *Bontrager Sport Packable Wind Jacket* | *Sport Packable WSD Wind Jacket*
- Fleece jacket or warm vest/jacket
- Rain jacket and pants
- Full-finger, wind-resistant gloves
- Shoe covers—toe or full foot | *Bontrager Sport Neoprene Toe Covers* | *Bontrager Race Waterproof Road Shoe Cover*
- Arm and leg warmers | *Bontrager Sport Arm Warmers* | *Sport Leg Warmers*

Keeping your valuables safe...*Trek Travel will transport items such as mobile phones, cameras, jewelry and other valuables during the trip. However, Trek Travel is not responsible for any damage, malfunctioning, or loss of these or other valuable items brought from home or purchased on trip.*



CYCLING SAFETY



On a Trek Travel vacation, understanding and abiding by the rules of bicycling safety are the most important part of each day. You are probably familiar with some common safety guidelines. Below are those that we follow at Trek Travel, and we ask that you follow them while traveling with us.

ROAD CYCLING SAFETY

- It is required that you wear a helmet at all times when on your bike.
- Obey all traffic signs.
- Always yield the right-of-way to pedestrians.
- Ride on the same side of the road as the direction of moving traffic.
- Use the appropriate hand signals when stopping, slowing down, and turning.
- Ride in a single-file line, leaving at least 2 bike lengths between you and the rider ahead of you.
- Maintain a safe distance between you and the edge of the road.
- Communicate with other riders—let them know when there are bumps, rocks, cars, or other hazards on the road.
- Be ready for vehicles to pass you on the left.
- Use both the rear and front brakes simultaneously—NEVER use the front brake alone.
- When going downhill, pump both the front and rear brakes simultaneously, and increase the distance between you and the rider ahead of you.
- Always maintain a speed that is comfortable for you.
- Use caution when crossing over railroad tracks, cattle crossings, gravel patches, slippery or sandy roads, descending steeply, or when encountering a situation that is potentially dangerous or uncomfortable for you.
- Always get off your bike and walk if you feel uncomfortable riding.
- Gear up and gear down appropriately to maintain a safe and comfortable riding speed.
- When admiring the view or taking a photo, always stop first and then look or snap.
- Above all, have fun and enjoy your ride!



WHY TRAVEL WITH TREK TRAVEL



VACATIONS OF A LIFETIME

Like a master chef, we can't give away all of our secrets but we'd like to give you a little insight into what makes us different:

The Absolute Best Guides | Whether suggesting the perfect route to match your cycling ability, sharing their regional knowledge over dinner or anticipating your needs, our guides are consummate professionals. What sets them apart from the rest is their infinitely accommodating, fun and flexible attitude. They live by the motto *Your Day, You Decide* and will attempt anything to ensure that your trip is your trip of a lifetime.

Ride the Best | We have the best bikes—period. Included in the price of your trip is the OCLV carbon fiber 5.2 Madone, the Women's Specific Design 5.2 Madone (limited sizes available), 7.7 FX hybrid or choose the Madone 6.5 or Electric Bike. With every pedal stroke, you'll benefit from Trek Bicycles' 30-year tradition of innovation, performance and quality.

Your Day, You Decide | It's a simple philosophy, yet it influences everything we do. It's your vacation of a lifetime, so each and every day you should decide how you'd like it to unfold and with the help of your guides, each day is customized to you.

Local Connections | Getting an insider's view is about being *in the know*. Whether it be exclusive Team Radio Shack access or weaving you into the local culture of a region, our cycling ties & local friends connect you to the soul of the region.

We like to WOW You | We listen for subtle cues that help us make your vacation magical. Sometimes it's lifting you off Alpe d'Huez via helicopter at the Tour de France and other times it is organizing an impromptu cooking course; whatever it is, we strive to make the impossible possible!

It's in the Design | Prior to your trip, we review every detail and take into account all the needs and desires of each guest. From the historian or wine connoisseurs to our leisurely or avid riders, no one is left behind and nothing is left to chance.

The Details | Knowledgeable trip consultants, guest packets filled with regional information, complimentary clothing, 20-guest maximum capacity, luxury social hours and so many other fine details are included in your vacation. Excellence is the standard.





WHY TRAVEL WITH TREK TRAVEL



WHAT OUR GUESTS SAY

You have THE BEST Active Travel Company in the world. There are dozens of them out there, but your quality, commitment and professionalism stand out far above the rest. If I never take another trip, I will always remember this as the best!

—Brian

The Absolute Best Guides

Your guides provided “seamless”, “no problem” service, & consistently went beyond expectations to provide a really wonderful experience. The guides did a fantastic job both in preparing the trip and customizing it to respond to our requests and suggestions.

Ride the Best

The quality of the bikes was way beyond my expectations and the level of daily care that our guides lavished on the group and our bikes bordered on superhuman.

—Patrick & Jennifer

Your Day, You Decide

They did cool things with the routes that gave you the option to take a shorter route back to the hotel if you chose. We rode the long route the first day or two, then took the shorter option...to get back into town to shop, relax, and send postcards.

—Robin

Local Connections

Philippe was simply awesome. His command of the Vietnamese language brought the experience to life. Several times throughout the day, something would catch the eye of one of the guests and rather than just becoming a photo opportunity, Philippe would stop and start a conversation.

—John

We Like to WOW You

Of all our vacations, this was our favorite. The fact that we were a part of the Tour [of California], in the VIP tent, mingling with pro riders—

WOW

—Edward and Katherine

To call the trip anything short of amazing is an understatement equivalent to calling Lance a pretty good bike rider. Everything was as promised and the surprises that were thrown in along the way put it right over the top.

—Jim

It's in the Design

My wife and I usually do trips on our own, but now realize that guided tours are the way to go! All the mistakes that you can make on your own were eliminated, and (our guides), Kevin and Laura, found some great attractions that we'd surely have missed on our own.—Jeff





THE ABSOLUTE BEST GUIDES

They are hand-picked for their natural charm and undergo extensive training to make them the best in the industry. They are teachers and scientists, writers and painters, all natural leaders who are passionate about biking, exploring and making sure our guests have the experience of a lifetime.

Whether it's having a warm exchange with the children of Vietnam with the help of Philippe, falling in love with Cendrine's French accent in Bordeaux, or learning how to frame the perfect memory with the help of Zack's professional photographic eye, you'll find our guides eager to share their endearing qualities. Along the way, they might just become the most memorable part of your vacation.

I can't possibly say enough about our experience with the guides! From Katie's advice about my pedaling on the hills, to Bruno's patient translation of the menus, to Leanne's efforts in fitting and tuning my bike, to the attention they gave to even the tiniest details. They were delightful companions, and did so much more than I expected.

—Lisa





RIDE THE BEST



STANDARD BIKES

It's simple really. We think the best should just be the standard. Trek Travel is a company born from Trek Bicycles—the world's leader in creating innovative cycling technologies—so when you ride with us, you experience the world from the seat of the **best bike**. You'll benefit from 30 years of cycling experience, a team of mechanics and guides that are the most skilled in the active travel industry and a bike that is professionally tailored to fit you at no extra charge.

We offer two completely different styles of bikes—the 5.2 Madone road bike and the 7.7 Hybrid—to ensure that you have the best geometry for your ride. We also offer Women's Specific Design in our smaller 5.2 Madone sizes (limited sizes available). Or if you do want to pay a little extra, you can upgrade to our Madone 6.5, Electric Bike or Bontrager's XXX Lite Carbon Clincher Wheelset. No matter which bike you select, you'll benefit from Trek's latest bike technology on every trip. For more information on the bikes we offer on our family multisport and mountain biking, visit us online at www.trektravel.com/ridethebest.php.



TREK MADONE 5.2 ROAD BIKE

The Trek Madone 5.2 is fast and responsive, perfect for the open road.

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive*
- *Bontrager Race X Lite carbon fork with an E2 steerer to provide amazing handling and steering accuracy*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *Bontrager Race Wheels are ultra smooth and light*



TREK 7.7 FX HYBRID BIKE

The Trek 7.7 FX Hybrid Bike is comfortable and smooth with components that are easy to understand.

- *Bontrager H2 Saddle features Flex Form so you can ride comfortably for longer*
- *FX Alpha Black Aluminum frame with IsoZone monostay to create a more compliant ride*
- *Shimano 105 Triple 10spd components with 12-27T cassettes for more gear ratios to conquer any climb*
- *Bontrager Race wheelset which provides better acceleration and more confident handling*



RIDE THE BEST



TREK MADONE 5.2 ROAD BIKE WOMEN SPECIFIC DESIGN (LIMITED SIZES AVAILABLE)

The WSD Madone was created with special features for women who like to ride.

- *5 Series TCT Carbon with E2 tapered leadtube is light, snappy and responsive with a shorter top tube to adjust for a woman's geometry*
- *Bontrager's Affinity WSD Saddle is designed to keep women comfortable for long days of cycling*
- *Shimano Ultegra Triple components with 12-28T cassettes for more gear ratios to conquer any climb*
- *Shimano Ultegra STI levers and ergonomic bend bring smaller hands closer to the brake levers and the narrower handle bars accommodate women's shoulders*



OPTIONAL BIKES

TREK MADONE 6.5 ROAD BIKE | \$300

You want to ride like a pro? This is the bike Team RadioShack will be riding in 2011! The Trek Madone 6.5 is fast, ultra light and engineered to win races.

- *OCLV Red Frame is extremely lightweight*
- *Shimano's Dura-Ace compact drivetrain gives you the elite performance with a gear ratio to conquer any climb*
- *Integrated headset and bottom bracket*
- *Bontrager Race X Lite wheels are as light as a feather*
- *With Trek's Red Carbon and tapered steerer tube the Bontrager's XXX E2 fork delivers exceptional handling while being extremely light*



TREK FX+ ELECTRIC BIKE | \$250 (LIMITED SIZES AVAILABLE)

With the Trek FX+ Electric Bike enjoy the same upright and comfortable ride.

- *FX Alpha Black Aluminum frame*
- *Trek Syn Drive power management system automatically adjusts power based on rider input, speed, and terrain*
- *Silent Drive motor provides up to 350 watts of assistance*
- *27 Speed Shimano Rapid Fire Shifting*

